

# Healthy Weight Management

with Petra Schulte



Wednesdays at  
Safe Passage Family Resource Center  
208 Dana Street, Fort Bragg

1:00 - 3:00    October 19 - December 14

Are you tired of diets that don't work?  
Do you want to regain or maintain a healthy weight?  
Is your blood sugar too high and you are supposed to lose weight?  
Do you want to have more energy?  
Do you lose weight and then gain it all back?  
Do you want to be around to enjoy your grandkids?  
Are you ready to make some long-term lifestyle changes?  
Do you know that you can eat all you want of the right foods?

In this eight-week class you will learn about

- The importance of drinking water instead of sugary drinks
- Tracking your food
- Eating nutrient-dense foods
- Reading labels + avoiding junk food
- Eating naturally low fat foods
- Eating fiber-rich foods
- Conquering food addictions
- Reaping the benefits of whole plant foods

Please contact Safe Passage at 964-3077 for childcare. To register or for questions about the class call Petra at 937-4704.

You will enjoy both Petra's cheerful enthusiasm and her knowledge of nutrition as she encourages participants of this free class to manage their weight and enjoy good health.

Taste test healthy snacks that Petra will prepare and share.



**Safe Passage**  
Family Resource Center

208 Dana Street Fort Bragg  
964-3077 safepass@mcn.org  
www.safepassagefortbragg.org

This material was produced with funding from Mendocino County Health and Human Services Agency Public Health, "Healthy People, Healthy Communities" with funding from the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net)